

### Practicing Your Game



This type of practice is about getting your game from the practice tee to the golf course. During this period the only concern should be your target, ball flight, and pre-shot routine (which is just what it is when you're playing the game). When you remove golf from the target, which is the whole point of the game, the more problems any golfer is bound to have.

Rhythm, tempo, and balance, are your guidewords. By thinking target and using good rhythm and timing, fueled by a consistent pre-shot routine, any golfer can reset the priorities of their practice time.

This type of practice is used before a round or during a tournament. Learn a solid pre-shot routine and use it every time during this particular practice.

#### Guidelines When Practicing on the Range

- Have a clear objective for the specific type of practice you're doing.
- Duplicate your swing each and every shot, each and every day.
- Make sure your fundamentals are established (posture, grip, ball position, alignment)
- Build yourself a hitting station:
  - (eg.) One club parallel to your target line and the other perpendicular to that club, between your feet representing ball position
  - This assures you that where you are looking and where your body is aimed are in agreement.
  - If this is not the case, the direction of your swing and the alignment of your body will be in conflict and your swing will be flawed.
- If you have several things to work on, it's important that you work on them one at a time (in the order prescribed to you) If you try to make too many corrections at once you probably won't do any of them very well.
- Close down your practice session on a positive note.
- End your practice session by slowing everything down. Hit some wedge shots to keep your tempo in tack. Try to warm down the way you warmed up.

#### Summary

From my experience teaching this game, my advice to any one person is to give yourself time to create or learn something new. Do not jump right into it, on the golf course, or in a club tournament without the proper approach, you will quickly confuse the two different types of practice.

My suggestion is to find out what part of your swing is failing and come up with a workable solution before you start hitting a lot of practice balls.

Set a plan: Chart out a plan for yourself before you go to the range. Obviously, your plan should be developed in conjunction with a competent teaching professional. Then, stick with your prescribed objectives.